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) Holds Change of Command



Photos by MC3 Alana Langdon

Patrol Squadron Thirty (VP-30) personnel stand at attention for honors during the squadron's change of command ceremony held aboard Naval Air Station Jacksonville, April 16. Capt. Thomas Grady relieved Capt. Christopher Kijek during the event.

By Lt. Andrew Constantino and Lt. Matt Guza

VP-30 Public Affairs

Patrol Squadron (VP) 30 held an official change of command ceremony to honor the achievements of its departing commanding officer, Capt. Adam Kijek, and to welcome Capt. Thomas Grady, April 16.

Rear Adm. Peter Garvin, commander, Patrol and Reconnaissance Group, was the presiding officer of the ceremony. The guest speaker was Retired Army Gen. Martin Dempsey, 18th chairman of the Joint Chiefs of Staff.

"It has been a pleasure to serve alongside you, and you are an

incredible human being," said Garvin on training a third platform, while about Kijek.

Kijek is departing VP-30 at a time when the Navy's largest aviation squadron is operating at a historic pace. VP-30 is working on transitioning fleet squadrons and multiple foreign allied militaries to the new maritime patrol and reconnaissance aircraft, the P-8A Poseidon.

"This audience, they get to see the passing of command, a naval tradition, which frankly, has come way too fast," said Kijek

With the introduction of the MQ-4C Triton Unmanned Aerial System (UAS), the Pro's Nest took simultaneously continuing regular production to the fleet.

Kijek has overseen the transition of four squadrons from the P-3C Orion to the P-8A. He has pushed the Pro's Nest to achieve excellence time and time again. In 2019, VP-30 surpassed 54 years and 500,000 class "A" mishap-free flight hours. They were also recipients of the 2018 Golden Anchor award for retention excellence.

Grady's previous command was as the deputy commandant of midshipmen at the United States Naval Academy. Prior to that he served as the Aviation Captain



Capt. Christopher Kijek speaks at the Patrol Squadron Thirty change of command ceremony, April 16.

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Sustain · Enable · Support

Fleet Readiness Center Southeast Wins Secretary of the Navy Environmental Award



Photo by Toiete Jackson

Fleet Readiness Center Southeast (FRCSE) Commanding Officer Capt. Trent DeMoss presents the 2019 Secretary of the Navy Environmental Award for Environmental Quality to FRCSE Environmental Director Henry Pape. From left, Environmental Protection Specialists Terry Taylor and Kia Gurley, Pape, DeMoss, Environmental Scientist Jabe Breland and Environmental Engineer Jacob Deeb. The team earned the award by recycling more than 354,000 pounds of metal, upgrading their wastewater treatment plant and training personnel regarding environmental concerns.

By Clifford Davis

Fleet Readiness Center Southeast Public Affairs

As an industrial facility on the banks of the St. Johns River, environmental stewardship is serious business at Fleet Readiness Center Southeast; and the command showed it by taking home the 2019 Secretary of the Navy Environmental Award for Environmental Quality recently.

The award, determined by government and private sector evaluators, is given to Navy and Marine Corps installations, ships and people for accomplishments in promoting environmental stewardship.

"Our goal in life is to protect human health and the environment," said Environmental Director Henry Pape. "Doing that is its own reward, but it's nice to be recognized by the Secretary of the Navy."

Looking at the environmental team's accomplishments, it's easy

to see why they won.

The facility recycled more than 354,000 pounds of metal, which is sold back to suppliers for hundreds of thousands of dollarsworth of credits for future metal acquisition.

The command diverted more than 2,000 tons of recyclable material that would have otherwise ended up in a landfill. Upgrades to the facility's waste water treatment plant are also underway. When complete, they will allow FRCSE to reduce its water usage by 50 percent.

The environmental team is also responsible for training FRCSE employees through disaster response drills and other hands-on methods.

"Nothing escapes to the environment, whether it's the soil, the river, anywhere outside the contained area," said Environmental Engineer Jacob Deeb. "Everyone takes responsibility to ensure this is done right.

JAX AIR NEWS

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Courtesy Photo

The Naval Air Station Jacksonville Flyers Basketball Team display the Military Basketball Association championship trophy and banner after their win against Camp Pendleton at the Air Force Academy in Colorado Springs, Colorado April 15. Front row, from left: Jaylin Gilbert (dependent); AOAN Hursel Forbes (Patrol Squadron 45); PR2 Edward Moon (Helicopter Maritime Strike Squadron 74). Back row, from left: Coach Jeffery Waters (NAS Jax command master chief); AO3 Desi Washington (Patrol Squadron 16); Lance Cpl. Dustin Iverson (Center for Naval Aviation Technical Training Unit Jax); Arthur Brown (Fleet Readiness Center Southeast); PFC Peter Williams (National Guard); AC2 Cornelius Green (NAS Jax); LS2 Verando Brown (Aviation Support Detachment Jax); PR2 Brian Niles (Patrol Squadron 10).

NAS Jax Flyers Soar to Win National Basketball Tournament

By Kaylee LaRocque *NAS Jax Public Affairs Officer*

For the first time in the 79-year history of Naval Air Station Jacksonville (NAS Jax), a base sports team has won a national championship. The NAS Jax Flyers Basketball Team brought home the trophy after competing in the 2019 Military Basketball Association (MBA) championships at the Air Force Academy in Colorado Springs, Colorado, April 14-15.

The team is coached by NAS Jax Command Master Chief Jeffery Waters, and is comprised of 10 players who work at various tenant commands, and one family member.

"I've been coaching the team for the past three years," said Waters.
"We've had several of the same players for the entire time but being in the military, some key players transfer to other duty stations. The nucleus of the team has stayed together but I think this has been the toughest year to get team chemistry. We've always had a good team, but never really had chemistry – that is, until this tournament. Then it all fell into place."

The MBA season runs from November to March.

"This is the first year the association started an Atlantic Coastal Military Basketball Conference so we played teams up and down the coast," Waters said. "We ended up finishing second in the regional conference. We were thrilled to go to Colorado Springs to participate along with 20 teams in the MBA Nationals."

According to Waters, the level of competition was intense. "There were some really talented teams from the Air Force, Army, Navy and Marine Corps," he said. "We played six games over the weekend and kept winning. I was hoping we would do well, but really had no expectations. I just wanted the guys to enjoy themselves. We were representing NAS Jax and the Navy and wanted to do our best. I just told them to listen, play as a team, keep focused and do what we do best which is playing the game at our pace."

The championship game came down to the final 3.2 seconds against Marine Corps Base Camp Pendleton. The Flyers had possession of the ball and were fouled, stopping the clock.

"It was nerve-racking. Our players

have never been in this situation before and the stage we were playing on was huge," said Waters. "AC2 Cornelius Green went to the line and he missed the first free throw. I had two time-outs left. So I called one because we needed to have a game plan. We were ahead by one point but there was still enough time for the Marines to get down the court and make a shot."

"We had one foul to give so we decided to let them get the rebound after the free throw and keep them on the end line so they would have to go the length of the court," continued Waters. "And that's exactly what happened. Green missed the second free throw, they got the ball, we fouled them and they had to bring the ball in at the end line with 1.5 seconds left in the game. They got about half court, tried to get a shot off but missed and we won."

And then the celebration began. "The whole place went crazy and our team was estatic," said Waters. "I was so proud of our team. I have the utmost respect for the other teams - some went the season 20-0 and to have us come and win had to be hard. No one thought that we would make it, but we

showed them that we could do this."

The team practices two to three times a week at the base gym. "We have a lot of talent," said Waters. "I think that by losing people, it made the rest of the team step up and play team ball. That was the key to our success."

Before the season started, Waters travelled to Oklahoma City to work with MBA representatives to develop the Atlantic Coastal Military Basketball Conference. While there, he saw the championship trophy. "I told MBA Commissioner Mike Meyers to watch out for our team," he said. "And when he presented us the trophy, he said, 'I guess you predicted this.""

The players are thrilled that all their hard work has paid off. "It feels so unreal at this point," said AOAN Hursel Forbes of Patrol Squadron 45, who has been with the team the past three years. "It was literally down to the last second of the game and being on the court when the clock went off was amazing. I joined the team because I felt I had what it took to bring home the trophy this year." "I just want to thank CMC Waters for the opportunity to play on his team,

(See Basketball, Page 14)

From Football Fields to Flight Lines



Courtesy Photo

Marcus McClinton as a member of the Kentucky Wildcats Football Team. McClinton graduated from the school with a Bachelor's Degree in Communication and Leadership Development in 2009.

By Kaylee LaRocque NAS Jacksonville Public Affairs

By setting goals early in his life, AMEAN Marcus McClinton of Patrol Squadron (VP) 5 has worked hard to see his dreams come true. As several of those goals faded over the years, he has reestablished a new list of goals by joining the Navy eight months ago.

McClinton, 33, grew up in Chicago and later moved to Fort Campbell, Kentucky where he graduated high school and was a top football player. Earning a full scholarship for the sport at the University of Kentucky (UK), McClinton proved his skill in the game and leadership abilities as the "Wildcats" free safety. Earning a bachelor's degree in Communication and Leadership Development in 2009, McClinton strived to continue fulfilling another goal of becoming a musician.

His love for music inspired him to write and record several songs including, "We Believe," a rally song for UK football games, and perform the national anthem before games.

"My goals at the time were to become a professional football player and an R&B star," said McClinton. "In my senior year, I realized I was a good enough football player to go to the NFL so I started interviewing agents and trained."

To achieve the first goal, McClinton went to the National Football League Players Association

Collegiate Bowl All-Star game for draft-eligible college football players and the NFL Scouting

Combine in Indianapolis performing physical/mental testing in front of NFL coaches, general managers, scouts. His efforts paid off as he was signed by the New England Patriots.

"I put myself out there to try to be signed," he

said. "A UK teammate named Myron Pryor and I worked out together. Myron was tired and I was motivating him. It moved the scout so much that he recommended the Patriots sign me to push their draft pick, Patrick Chung. I thought it was one of the greatest opportunities in the world! My first goal was to get a Division 1 scholarship and my next goal was to go to the NFL. It was crazy. Everything I set out to accomplish, wrote on a piece of paper, focused on, finally came true."

Unfortunately, that dream was short-lived. "I made it to Patriots," said McClinton. "Each morning, Coach Bill Belichick shows highlights and lowlights on how players perform during practice. I made it to the highlights and in the local paper so I'm believing the hype. When you walk into the door every morning, there is a sign that says, 'don't listen to the noise.' Unfortunately, I didn't do that."

"I asked the defensive coordinator when I would get the chance to play with the top players," he continued. "The following week, they put me in for three plays with another new guy. We had three bad plays, almost back-to-back and made the lowlights. Two weeks later, I came to the door and was determined to not listen to the noise and get better. Unfortunately, there were two Patriots reps waiting for us and we were let go. I got my walking papers and it broke my heart."

"I was at the pinnacle of my goals," he said. "But then I realized I was more of a fan and was starstruck that my locker was across from the top football players in the world. I didn't go in with motivation. I went in as a fan."

Moving on, McClinton kept training and pressing for that next opportunity.

"I continued playing football with the United Football League California Redwoods," he said.



Courtesy Photo

AMEAN Marcus McClinton, right, greets University of Kentucky "Wildcats" Deputy Director of Athletics DeWayne Peevy, left, and Naval Air Station Jacksonville Command Master Chief Jeffery Waters, center, during the Wildcats vs Abilene Christian March Madness playoff game at Jacksonville University March 21. McClinton, assigned to Patrol Squadron 5, graduated from the University of Kentucky in 2009 where he played safety on the Wildcats' football team.



Photo by AO2 Haley Ballard

AMEAN Marcus McClinton, assigned to Patrol Squadron 5, inspects a wheel well and checks gauges during a daily inspection of the P-8A Poseidon aircraft at Naval Air Station Jacksonville, March 29.

"Then I played in the Arena Football League with the Chicago Rush and had a hamstring issue so that didn't last long. From there, I went on to coach and play in the Ultimate Indoor Football League. I was still chasing that dream going to tryouts to get back to the NFL."

When the BP oil spill happened off the Louisiana coast in 2010, McClinton received a phone call from a former UK teammate who was helping with the clean-up. "I ended up on the beaches working as a technician and supervisor cleaning up the oil," he said.

When that job ended, McClinton went back to I llinois to try his luck as an R&B vocalist. "My cousin and I did some demos," he said. "We were offered to perform at a show, so I hired a band with the last \$300 I had, quit my job and did the show. An investor saw us perform and offered to back us so we recorded an album and did a minitour."

His next endeavor was to open a gym to continue working as a trainer and promote his love for physical fitness. "Then I met my wife and we had a daughter and son," he said. "I realized that I needed to do something more to support my family. We moved to Clarksville, Tennessee where I recorded several music videos and taught special education and coached at a local high school." After talking to his older brother, Leon, a chief petty officer stationed at the Navy Recruiting Leadership Academy in Pensacola, Florida, McClinton decided to follow in his footsteps and join the Navy in 2018.

"I decided to enlist to provide stability for my family," he said. "My brother serves, my sister-in-law is in the Navy, another sister is in the Army and my youngest sister just completed her enlistment in the Navy. We are a military family so this was what I needed to do."

After completing boot camp at Naval Recruiting (See MCCLINTON, Page 7)

Runners come out for annual event

The 14th annual Capt. Chuck Cornett Navy Run was held April 6 at the Navy Exchange (NEX) Convenience Store Parking Lot. The event honors the late and former Naval Air Station Jacksonville Commanding Officer Capt. Chuck Cornett, who was an avid runner and influence in the surrounding community during his life. There were 300 participants, a shoe & athletic apparel sale at the NEX, on-site sponsors, prizes, giveaways, music and refreshments for all to enjoy.



A group of runners gather for a photo while waiting for the results of the 14th annual Capt. Chuck Cornett Navy Run in the Navy Exchange parking lot on Naval Air Station Jacksonville, April 6.



MWR Fitness Director Jill Shepherd, right, presents a gift basket to Marcelino Ruiz during the 14th annual Capt. Chuck Cornett Navy Run on Naval Air Station Jacksonville, April 6.



A total of 300 participants begin the 14th annual Capt. Chuck Cornett Navy Run in the Navy Exchange parking lot.



Kathy Ray, daughter of Capt. Chuck Cornett, left, and her family, participated in the 14th annual Capt. Chuck Cornett Navy Run by presenting awards to the 5K and 10K finishers.



Louise Henley stretches and warms up to prevent injury prior to the start of the 14th annual Capt. Chuck Cornett Navy Run at the Navy Exchange parking lot on Naval Air Station Jacksonville, April 6.



Runners pick up race packets prior to the start of the 14th annual Capt. Chuck Cornett Navy Run.



CS2 Mario Ingram from Team Navy sets the ball during a sitting volleyball match against Team Marine Corps in the 2018 Department of Defense Warrior Games, June 4, 2018, at the U.S. Air Force Academy in Colorado Springs, Colorado.

NAS Jax Sailor Striving For Gold Medals Again

By MC2 (SW/IW) Nick A. Grim Editor

CS2 Mario Ingram has been selected to compete as part of Team Navy in the 2019 Department of Defense Warrior Games in Tampa, Florida, June 16-30.

Ingram, a nine-year Navy veteran, has previously represented the Navy in the 2017 and 2018 games, winning a total of five medals, including three gold medal victories.

The Department of Defense Warrior Games began in 2010 to introduce wounded, ill, or injured service members and veterans to adaptive sports as a means of enhancing the recovery or rehabilitation of those ill or injured.

"I was stationed at Guantanamo Bay, Cuba in 2016 when I was diagnosed with Non-Hodgkins lymphoma," Ingram explained of the details surrounding his illness. "I did six months of chemo at Naval Hospital Portsmouth and have been in remission since then."

Following his treatment, Ingram says he was surfing emails one evening and a lieutenant from the Navy Wounded Warrior Safe Harbor program sent him an email with an invitation to go skydiving for free.

"Of course I went, and it was awesome," said Ingram. "After that I asked what other types of things they had. They asked if I wanted to come out to some adaptive sportstype events."

Ingram was initially interested with archery and seated volleyball. He is still heavily motivated and active in adaptive sports three years later.

"I love the camaraderie. I played football in high school, but I didn't have nearly the same camaraderie there that I got with my teammates in the Warrior Games," said Ingram. "My teammates and my opponents push me to do better and be a better person."

Along with his teammates during the 2017 and 2018 Warrior Games, Ingram won a bronze medal in archery, another bronze in seated basketball, a gold medal in track-and-field, and two consecutive gold medals in seated volleyball.

Despite the cancer diagnosis and subsequent treatment, Ingram has not allowed himself to be stopped or put-down. With two gold medals down, Ingram is eager to take home the gold for a third time this June.

"It's always good to be optimistic and never see the dark. There is always a positive," Ingram said, enthusiastically.

He is also encouraging everyone who can to come view the games to cheer on the Navy team. "I hope we can get a lot of people from the base to show up to support us," he said.

For more information, go to www. dodwarriorgames.com.



Photo by MC2 Anthony Presle

CS2 Mario Ingram from Team Navy competes in the standing discus event in the 2017 Department of Defense Warrior Games, July 5, 2017. The DoD Warrior Games are an annual event allowing wounded, ill and injured service members and veterans to compete in Paralympic-style sports including archery, cycling, field, shooting, sitting volleyball, swimming, track and wheelchair basketball.

Retired Activities Office Hosts Seminar



Photos by MCSA Thomas Higgins

Participants of a retiree seminar listen to the introductory speech on Naval Air Station Jacksonville April 13.

By MCSA Thomas Higgins

VP-45 Public Affairs

The Naval Air Station Jacksonville (NAS Jax) Retired Activities Office (RAO) hosted a retireee seminar at Dewey's on NAS Jax,

The Retired Activities Seminar, was an all-day event that tries to bring information and address topics and concerns toward those who have already or will soon retire.

"We're in a transitional phase," said JJ Ryan, director of NAS Jax RAO. "Most of the people here are old folks, they want to see someone face-to-face, but the world is shifting to everything being online. So we are here to make sure the retirees are aware of changes and kept up-to-date."

The seminar is held annually and is geared toward older retirees, particularly Reservists nearing 60 years old, surviving spouse annuitants, and retired service members who are or will soon be eligible for Social Security, Medicare and TRICARE for Life, and final interment.

The seminar brought in subject matter experts from Social Security, TRICARE, Defense Finance and Accounting Services, and other benefits programs to address topics of interest and value to the

The RAO is Secretary of the Navy directed and centered through Fleet and Family Support Center. The NAS Jax office was

established in 1972, and is one of 28 branches around the world. In addition to being volunteer oriented, the RAO also releases an online quarterly magazine, "Shift Colors".



JJ Ryan, activities director for the Retired **Activities Office at Naval** Air Station Jacksonville, delivers the opening speech at a retiree seminar, April 13.

MCCLINTON ___

From Page 4

Command, Great Lakes, Illinois, McClinton attended Aviation Structural Mechanic (Equipment) "A" School in Pensacola, Florida and P-8A Poseidon "C" School in Jacksonville.

He then reported to VP-5 which recently left on deployment to Kadena, Japan.

"I love the Navy! It reminds me of the Patriots – it's a team and every job matters," said McClinton. "I put on the uniform every day and have an opportunity to be an asset to the team." McClinton's list of goals has definitely changed over the years but he continues to strive for those he continues to set.

"Now, I plan to stay in the Navy and make chief," he said. "Even though I've earned my degree and probably could have gone the officer route, I wanted to start at the bottom. I don't know much about the Navy. As an athlete, I

wouldn't want to be coached by a coach who didn't know anything about football and who didn't play in the trenches. That's how I am. I plan to work my way up."

Looking ahead even further, McClinton's goals are to buy some land near UK and build a home for his family where they can sit on the porch and watch sunrises and sunsets.

NAS Jacksonville **Family Housing** Town Hall Meeting with Base Commanding Officer CAPT. Michael Connor

March 14 at 6 p.m. River Cover Catering and Conference Center (O' Club) Bldg. 10 on Mustin Road

Faces of Jax

Senior Sailor of the Quarter EN1 Mariska Rey

EN1 Mariska Rey, leading petty officer (LPO) of Executive Department, was recently selected as Senior Sailor of the Quarter. Rey, is from Anguilla, British West Indies, enlisted in the U.S. Navy March 2001.

Her job is to oversee the administration division and the day-to-day operations of six divisions.

One of Rey's goals is to obtain a PhD in Human Services and work as a grant writer.

Outside of work, she likes to spend time with her kids, goes to school, and enjoys going to the movies.

Her favorite place she has visited is Rome, because she loves the food and history.



Sailor of the Quarter ABH2 Stefern Jones

Jones has been in the Navy for six years and at NAS Jacksonville for eight months. His career in the Navy was chosen to avoid water.

"I don't know how to swim, so aviation appealed to me," he said. "I thought arresting gear sounded too dangerous and when the recruiter said, 'park the plane' I literally thought we would get into the cockpit."

Jones attended college out of high school, but it wasn't right at the time. He is now nearly finished with his associate's degree from University of Maryland and would like to eventually complete a bachelor's in Business Management.

Off duty, Jones volunteers at a local recruiting station and at a local high school. Winning Sailor of the Quarter is something that he has done with pride for his coworkers.

"My goal is to give awareness to our rate, which it is very hard to advance in and puts us on the forefront," Jones said.



Sailors of the Quarter



Junior Sailor of the Quarter MA3 Adam Watchman

MA3 Adam Watchman works for Naval Security Forces on Naval Air Station Jacksonville (NAS Jax) as a patrolman. Watchman, a native of Salt Lake City, Utah, has been in the Navy since March 2017, having completed security training at Lackland Air Force Base in July of 2017.

While NAS Jax is his first duty station, he looks forward to heading to an aircraft carrier as his next duty station. He also hopes to visit Australia and Japan.

In his private time, Watchman has visited Trinaidad during his prior missionary work, and focuses on spending time with his wife, Ara, and daughter, Ajay. Watchman and his family volunteer at their church regularly.

Watchman is also a long distance runner, and hopes to do a 20K in the future, as well as go base jumping in Greece.

Blue Jacket of the Quarter ACAN Theron Christopher Coleman

Coleman works as an air traffic controller at Air Operations and this is his first duty station. He might be new to the Navy but grew up in a military home.

"My father was in the Air Force so I grew up around aviation and knew what I wanted to do," Coleman said. "Instead of going to school, I figured I'd let the Navy train me."

Coleman has volunteered with the Morale, Welfare and Recreation committee and is hoping to get more involved with CSADD. In his spare time, he enjoys playing hockey, lifting weights, eating tacos and watching "Game of Thrones."

He is focused on being fully qualified before starting college classes, but would like to pursue a degree in behavioral science in the future. He is anticipating the results of the advancement exam and hoping to be frocked to third class petty officer next month.

"Serving 20 years in the military is a family tradition, so I'm excited for what my career will bring," he said.





Naval Air Station Jacksonville (NAS Jax)

Commanding Officer Capt. Michael Connor meets the Easter Bunny prior to the start of the MWR Easter Egg Hunt at the McCaffery Softball Fields, April 17.

Jacksonville MMR presents



Ensign Nikita Boyd of Naval Hospital Jacksonville, and her daughter Laila, 4, await the call to begin the MWR Easter Egg Hunt, April 17.

The 2019 Easter Egg Hunt

Parents and their children gathered at the Naval Air Station Jacksonville McCaffery Softball Complex for the MWR Easter Egg Hunt, April 17. The egg hunt was arranged according to age group and included 25,000 eggs.



The Easter Bunny greets a group of young participants prior to the start of the MWR Easter Egg Hunt.



Parents and children take part in the MWR Easter Egg Hunt at the Naval Air Station Jacksonville McCaffery Softball Fields, April 17.



Patrol Squadron 16 Executive Officer Cmdr. Michael Bukolt reads a book to a group of toddlers at the Naval Air Station Jacksonville Child **Development Center April 18.**



The Pinwheel Walk around the NAS Jacksonville Child Development Center is an annual event, enjoyed by children and base staff.



Naval Air Station Jacksonville Fleet and Family Support Center staff lead the annual Walk and Read event at the Child Development Center April 18. The event is held as a part of Child Abuse Prevention Month.

The Naval Air Station Jacksonville (NAS Jax) Child Development Center hosted an annual pinwheel parade and book reading April 18. The purpose of the event is to spread awareness of child abuse prevention. The pinwheel parade and reading was sponsored by Fleet and Family **Support Center.**

Photos by Julie Lucas



Girls at the Naval Air Station Jacksonville Child Development Center hold their pinwheels up proudly during the annual Walk and Read event. Pinwheels are the symbol used for Child Abuse Prevention.

Navy Lodge Helps Military Families Save on Their PCS Stay

The Navy Exchange Service Command's (NEXCOM) Navy Lodge Program boasts 39 facilities worldwide and their mission is to provide military guests on permanent change of station (PCS) orders with a necessary quality of life benefit. In line with that mission set, the Navy Lodge Program is offering families a chance to save on their stay.

This year marks the 11 th year in a row that the Navy Lodge Program will provide PCS guests with a PCS discount scratch-off card. Navy Lodge room rates currently average 45 percent below comparable civilian hotels and since 2012 the scratch-off card has saved their military guests an additional \$1,555,000.

The Navy Lodge scratch-off campaign will go until February 29, 2020 and will give families the

opportunity to save 10, 15, 25 or 100 percent off their PCS stay.

Moving creates additional costs on military families, so the purpose of the scratch-off card

promotion seeks to put money back in the pockets of those service members, especially during

the Navy's peak PCS season," said Michael Bockelman, Vice President, NEXCOM's Navy

Lodge Program. "The scratch-off card can be used at any Navy Lodge throughout the member's PCS move."

Navy Lodge family suites offer guests oversized rooms with living and dining areas, fully equipped kitchen, updated rooms with free Wi-Fi,

breakfast and a weekly manager's reception.

Many locations also feature guest laundry facilities, children's outside play area and workout room. In addition, cats and dogs up to 70 pounds can stay at many Navy Lodges when traveling with their owner.

Navy Lodge scratch-off cards are available on base at PSD, the housing office, household good and the personal property office as well as the local NEX Customer Service desk. As an added convenience, guests can call 800-628-9466 to have a card mailed to them. The scratchoff card isredeemable for a stay up to 20 days and at any Navy Lodge within the continental United States.





The 2019 PPV Housing Survey is Underway

Residents will receive surveys via email.

If you have not received your survey, please contact CEL via email NAVYPPVHousingSurvey@celassociates.com and include your name and address in the email.

LET YOUR VOICE BE HEARD!

WWW.CNIC.NAVY.MIL/HOUSING



DECA working to reduce environmental footprint

From the Defense Commissary Agency

The Defense Commissary Agency identified environmental responsibility as a major priority in 2005, making environmental management a key part of operations. From that Earth Day to this, DeCA has diligently worked to reduce its footprint through recycling, food donations, green initiatives and environmentally friendly products.

"The agency now has a long history focused on the reduction of waste, recycling materials, conservation of resources and becoming more energy-efficient overall," said Clark Jordan, a DeCA environmental engineer. "From the design of commissaries to the products offered inside — and everything in between, DeCA strives to be a good steward of natural resources, to find creative ways to recycle and conserve, and reduce our carbon footprint."

Since making that commitment in 2005, commissaries have made great strides in protecting the environment and generating surcharge funds, saving taxpayer dollars.

Recycling: Since 2005, commissaries have recycled or diverted almost 1.7 billion pounds of

solid waste from landfills all around the world.

The agency's resale of this waste - paper, plastic and cardboard - has generated almost \$54 million in surcharge funds used for commissary repair, renovations and construction.

Equipment liquidation: Using a liquidation service to help sell out-of-use items, the agency has supported the environment by diverting 1.4 million pounds of used equipment from landfills. The sale of these items generated over \$3.9 million in surcharge revenue.

Donated food: DeCA donates edible but unsellable food to food banks throughout the country to help feed those in need. In 2018, 177 (or 75 percent) commissaries donated 4.6 million pounds of unsellable but consumable product to 186 foodbanks.

Energy conservation: Commissaries, committed to a long-term energy strategy, use glass doors on most refrigeration cases, natural and LED lighting, and are converting or upgrading HVAC and refrigeration technology to both protect the environment and conserve energy.

According to Kyle Seiling, DeCA's energy program manager, when compared to commercial

supermarkets, commissaries are about 40 percent more energy efficient, and their annual water use has been reduced by 25 percent from 2007 levels.

Green foods: DeCA continues to increase its volume of organic products. The lineup includes organic meats, produce, dairy products, baby food, and organic dog and cat foods.

Green products: To promote the benefit of saving energy and dollars, the commissaries offer patrons green products from energy efficient light-emitting diode (LED) lightbulbs, high efficiency (HE) dish and laundry detergents and reusable shopping bags to products with reduced packaging like paper towels and bathroom tissue without cardboard tube inserts.

"Not only do we remain committed to reducing our footprint through operational conservation and recycling, but we also facilitate our patrons' commitment to "going green" by offering environmentally friendly products at significant savings," Jordan said. "We will always look for bigger and better ways to reduce and conserve."

NAS Jax Tests Drinking Water for Lead Per Five-Year Requirement

From NAS Jax Public Affairs

Naval Air Station Jacksonville will sample drinking water for lead in priority areas April 27-28. Navy policy issued in 2014, requires testing in all priority areas at Navy installations throughout the world in all facilities that cater to children.

This includes youth centers, child development centers and parks. Letters are being distributed to parents using base childcare facilities in early April. The testing is required every five years. Our water distribution system is regularly tested for lead and in compliance with the Safe

Drinking Water Act.

Lead exposure is a particular concern for children. Lead in drinking water may come from plumbing inside buildings including fittings, water fountains or faucets. The Environmental Protection Agency (EPA) recommends, but does not mandate, that we test the lead content of drinking water in priority areas. The Navy has adopted the recommendation as policy.

Parents should call (800) 874-2273, Option 1 for answers to specific questions. If you have concerns about the health of your child, contact your healthcare provider.

According to the Center for Disease Control, most studies show that exposure to lead contaminated water alone would not likely elevate blood lead levels in most adults, even exposure to water with a lead content close to the EPA's action level for lead. Lead poses a risk to young children because they absorb lead more rapidly.

During testing, stakeholders will be informed throughout the entire process and immediate corrective action will be taken if any issues arise. All lab results will be made public after the testing is complete.

Easter Week Services

Protestant

Sunrise Service - April 21, 6:30 a.m. at NGIS Pavillion/Breakfast at Mulligans. Easter Sunday Services - April 21, 11 a.m. at All Saints

Catholic

Good Friday: April 19, 7 p.m. at St. Edward's Chapel Easter - April 21, 9:35 a.m., Catholic Mass with Potluck and Easter Egg Hunt

Mayor Lenny Curry and the City of Jacksonville Military Affairs and Veterans **Department** invite you to the 4th Annual





300 A PHILIP RANDOLPH BLVD. I JACKSONVILLE, FL 32202



Open to U.S. and allied military spouses of active-duty, guard, reserve, and retired service members. Valid ID required. No childcare provided. For more information, call Caroline Adkins at (904) 255-5524 or email CarolineA@coj.net.

PURSUANT TO THE AMERICANS WITH DISABILITIES ACT, ACCOMMODATIONS FOR PERSONS WITH DISABILITIES ARE AVAILABLE UPON REQUEST. PLEASE ALLOW 1-2 BUSINESS DAYS' NOTIFICATION TO PROCESS; LAST MINUTE REQUESTS WILL BE ACCEPTED, BUT MAY NOT BE POSSIBLE TO FULFILL. PLEASE CONTACT DISABLED SERVICES AT; VM 630-4940, TTY 630-4933, OR EMAIL YOUR REQUEST TO KLMCDAN@COJ.NET.



Join us as we celebration military spouses for their important contributions to our local communities. Special thank you to our sponsor USAA for helping us further our

mission. Register to attend any of our 4 awards ceremonies:

Northern, VA on April 16th Hampton Roads, VA on May 2nd Central, VA on May 16th Jacksonville, FL on May 29th

https://www.militarynews.com/heroes-at-home/ *All military spouses plus one guest free of charge. *Additional guests are \$25/person. Attire: Service Dress Blues or Service Dress Equivalent. Business attire for civilians. Contact: Amie Holman amie.holman@virginiamedia.com

BASKETBALL

From Page 3

and everyone one of our supporters throughout the season," he continued. "I would also like to thank my command for allowing me to play and thank my teammates. We've become a family and gotten through all the hard times together. We fought a lot during the season but we got it right when we were supposed to."

"I have played competitive basketball in the past, but practically be a Cinderella team that wasn't supposed to be there is truly a blessing," said AO3 Desi Washington of VP-16. "I wanted to join the team because I wanted to do something I love while serving my country and possibly have a chance to play at the next level. My teammates are very talented and we played together like a family to achieve the ultimate goal of bringing NAS Jax a championship. CMC Waters is one of the best coaches I have ever had the privilege of playing for."

To celebrate the team's win, the station is holding a "victory parade" April 25 at 12:30 p.m. starting at the outdoor pool. The parade will travel through the Navy Exchange complex, past the gym and ending at Dewey's where a special screening of the final basketball game will be shown for family and friends. Everyone is encouraged to come out and cheer the team on.

"It's really cool we could bring this trophy back to the base to show that we are the best at what we do, not only in aviation, but sports as well." said Waters.



Courtesy Photo

Naval Air Station Jacksonville Flyers Coach and Command Master Chief Jeffery Waters, proudly accepts the Military Basketball Association (MBA) championship trophy from MBA Commissioner Mike Meyers II after the team won the event after defeating Camp Pendleton April 14 at the Air Force Academy in Colorado Springs, Colorado.

VP-30

From Page 1

detailer in Millington, Tennessee. He was the executive officer and then commanding officer of VP-45 from 2013 to 2015. He holds a Bachelor of Science degree from the United States Naval Academy and a Master's Degree in Security and Strategic Studies from the Naval War College. "Folks, in about three minutes this squadron is

going to gain a great mentor and leader," said Capt. Kijek speaking about Capt. Grady. Coincidentally, Capt. Grady has previously served with Capt. Kijek in VP-47, when they were both Lieutenants. They even served on the same Combat Air Crew. Capt. Kijek spoke fondly of how he felt when he turned over leadership responsibility of the crew to Grady.

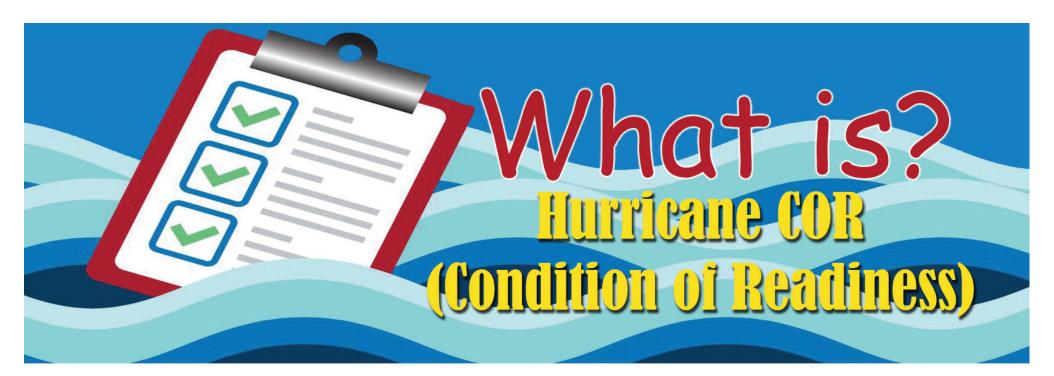
"I knew my crew was in good hands," said Kijek "and I know this squadron is in good hands."

"What you've done for this squadron, the community as a whole, you've made it better. It's hard to imagine making this squadron any better" said Capt. Grady.



NAVYMWRJACKSONVILLE.COM





Condition of Readiness (COR) V

COR V is the lowest condition of hurricane readiness. Destructive force winds (50 mph) are not expected.

Under COR V, personnel should:
Plan several escape routes that lead well inland.
Get the proper insurance for your residence. The
government will not reimburse you for hurricane
damage to your household goods in military quarters.
Gather all important insurance and identification
papers and put them in a waterproof container/bag.

Choose someone well outside the affected zone (preferably out of the state) that everyone in your family can contact should you get separated.

Ensure your vehicles are in good working order. Update your evacuation information with your chain of Command. Login to NFAAS to update your Personal / Recall information.

Condition of Readiness (COR) IV

COR IV is the first condition of heightened hurricane readiness. Destructive force winds (50 mph) are forecasted within 72 hours.

Under COR IV, personnel should:
Clear debris around house
Secure loose equipment/boats
Stock up on non-perishables
Prepare the items on your disaster supplies checklist
Review shelter locations/evacuation routes

Ensure you have propane and fuel for vehicles
Move valuables upstairs or store inside closets
Have adequate CASH on hand
Follow instructions from official sources only
Notify family of your emergency plans
Backup your hard drive.

Condition of Readiness (COR) III

COR III means that destructive force winds (50 mph) are forecasted within 48 hours.

Under COR III, personnel should:
Check with your chain of command for specific orders
Board up your house, if necessary
Check medical supplies
Expectant mothers (37+ weeks) consult with doc
Gather water containers, clean bathtubs (to collect water)
Tune in to radio/TV for weather updates

Condition of Readiness (COR) II

COR II means that destructive force winds (50 mph) are forecasted within 24 hours.

Under COR II, personnel should:

Board windows, close shutters, blinds, and drapes
Containerize water, fill bathtub
Set refrigerator to coldest setting and pack
with extra water containers
Set brakes, put antenna down, close windows and
doors in car, park away from trees and poles
Stay off roads
Evacuate to shelter, if needed or ordered
Tune in to radio/TV

Condition of Readiness (COR) I

COR I means that destructive force winds (50 mph) are forecasted within 12 hours.

Under COR I, personnel should:
Stuff towels around doors and windows
Conserve water
Stay indoors, avoid windows
Bring in pets and put in a room with no windows if possible
If you lose power, disconnect or turn off all appliances
If you smell gas, find where the gas line enters the house
and turn the small valve clockwise
Tune in to radio/TV



navymwrjacksonville.com facebook.com/nasjaxmwr twitter.com/nasjaxmwr instagram.com/nasjaxmwr

For specific questions, email MWR Marketing at nasjaxmwr@navy.mil

Community Recreation

Call 542-3227

Bounce-a-Palooza

April 27, 10 a.m. -2 p.m. at the Enterprise Field across from Dewey's Join us for this Bounce House extravaganza in honor of the Month of the Military Child! A giant inflatables party to celebrate military children! Food and drinks will be available for purchase.

DIY Crafts: Melted Wax Art

April 30, 7 – 9 p.m. at Dewey's Open to ages 18 & older. Tickets are \$12 per person and available at Community Recreation in Bldg. 622 or online through myFFR. Limited spots! Food & beverages available for purchase. No outside food or beverage.

DIY Crafts: Wreath Making May 10, 7 – 9 p.m. at Dewey's

Open to ages 18 & older. Tickets available at Community Recreation in Bldg. 622 or online through myFFR. The cost of \$25 per person covers supplies & one soda, beer or wine. Limited spots! Food & beverages available for purchase. No outside food or beverage.

Movie on the Green

May 17, sunset at the NAS Jax Golf Course

Watch a featured movie on our giant inflatable screen from the comfort of the deck of Mulligan's or bring your own picnic blanket and hangout on the lawn all for free! Popcorn is free! There will be a special menu prepared just for the evening, but patrons may also order food & beverages from the regular menu.

River Cove Catering & Conference Center

Call 542-3041

Did you know you can book weddings, luncheons, retirements, birth-day parties,

conferences and more at the River Cove Catering & Conference Center?

Dewey's

Call 542-3900

Book an Event: Looking for a great place for your afternoon hail & farewell events, why not Dewey's? Great food, 16 draft choices, full bar, soda, tea & coffee. Let us customize a menu or reserve some space for

your group! Click here for further inquiries.

Mondays and Thursdays: Free Texas Hold'em Tournaments at 7 p.m.

Bingo: Great cash payouts, even better jack-pots! Lunch and evening sessions available. Call (904) 542-8449 for current promotions and times. Spring Bingo Mania: Join us on April 20. Tickets are on sale now: \$80 per person. Purchase to guarantee your seat!

Freedom Lanes Bowling Center

Call 542-3493

Command Functions: Looking for a great command function? Why not a bowling event? Fun for all! Click here to set up an event for commands, families, spouses groups & more!

Monday: \$7 All you can bowl, 4–6 p.m.

Wednesday: \$8.95 All you can bowl, 4 - 10 p.m.

Thursdays: Active Duty Appreciation Day! Games are \$1 each for Active Duty & their guests, 11 am - 3 pm. Reservations accepted.

Thursday Nights: \$10 All you can bowl, 6 - 10 pm, includes bowling & shoe rental. Food & beverage specials available. Chances to win prizes just by participating!

Friday: \$10 Extreme Bowling, 10 p.m. – midnight. Shoes included. Saturday: Extreme Bowling, call for current pricing & times.

Please note, the specials do not include shoes unless stated otherwise

Fitness, Sports & Aquatics

Call 542-2930

Family Fun Run

May 11, 8 a.m. at the Antenna Farm

This is a run for the whole family to enjoy! After the run enjoy bubbles, face paint stations, an inflatable obstacle course and a bounce house all for free. Strollers are always welcome. Register at the Base Gym or Fitness Center.

Yoga by the Water

May 14, 4:30 p.m. at the Mulberry Cove Marina

Bring your own yoga mat to the Mulberry Cove Marina Pavilion for an hour of Vinyasa Yoga flow. All fitness levels are welcome to join! Mats will be provided as needed.

Indoor Pool and Outdoor Pool

Visit <u>www.navymwrjacksonville.com</u> for the current hours of operation.

Group and private tennis lessons are now available.

Call the base gym for pricing information.

Patrons can select from a variety of massage types, including Swiss, Deep Tissue/Sport, as well as other spa services, such as facial & body treatments. For a complete list of services, visit the base gym or fitness center.

MWR Digital Library

Enjoy unlimited access to Ebooks, Audio Books, Digital Magazines, Genealogy Resources, Digital Newspapers, Journals, Auto Repair, Tutoring Service & much more! Visit NavyMWRDigitalLibrary.org to register.

Contact Community Recreation at (904) 542-3227 for assistance.

The Liberty Recreation Center

Trips & events are for all E1-E6 single or unaccompanied active duty members & reservists only. Call 542-1335 for information.

April 20: Collective Con - \$12.50

April 22: Super Smash Tournament

April 26: Mall and a Movie - \$5

April 27: Mayport Music Fest April 28: ATV Off-Road Adventure -\$70

NAS Jax Golf Club

Golf Course: 542-3249

Mulligan's Restaurant: 542-2936

Mizuno Fitting Day April 26,11 a.m. - 3 p.m.

Find your perfect iron set with three swings in ten minutes. By appointment only.

Appreciation Days

April 11 & 25 for all Military members & DoD employees. Play 18-holes with cart for \$20.

Swing It & Wing It Special: Play 18 holes with a cart and enjoy 10 wings and two draft beverages for only \$30 after 1 p.m. daily.

Daily Twilight Special: Play 18-holes with cart for only \$20 after 3 p.m. Monday - Friday.

Monday & Tuesday: Play 18-holes for \$20. Cart & green fees included. Not applicable on holidays.

Mulberry Cove Marina

Call 542-3260

Thursdays: Free kayak & canoe rental all day for Active Duty members & guests only.

Private Sailing Lessons: One on one instruction available at \$20/hour by appointment only. Minimum 2-hour session.

Stand Up Paddleboard Lessons: Open to all first-timers by appointment only. Free & taught by a World Paddleboard Association Certified Instructor.

Auto Skills Center

Call 542-3681

The center has 22 work bays, wheel balancing, tool checkout, paint booth and welding

ASE certified mechanic onsite.

Youth Activities Center

Call 778-9772

Youth Summer Camp

Online enrollment is open now through May 24. Visit MilitaryChild-Care.com to register today!

Before & After School Care
Open to children 5-12 years
Register today!

Family Fitness Center

Call 771-8469

The Family Fitness Center is open Monday – Friday, 9 a.m. - 1 p.m. Bring your children! Children 5 and older are welcome to workout with you. Group classes are available from 10 - 11 a.m.

Jax Navy Flying Club

Call 542-8509

Learn to fly at NAS Jax

Call for introduction flight

Additional ratings are available including instrument, complex and commercial

Find more info online at jaxnfc.net

Community Recreation Tickets & Travel Office

Call 542-3318, Email directly at <u>nasjaxtickets@navy.mil</u>

Dave Matthew's Band – Veteran's Memorial Arena

May 1, \$87.50-\$127.

New Kids on the Block – Veteran's Memorial Arena

July 12, \$96.25 - \$107.25.

Paw Patrol Live!

August 3 & 4 - \$29.

Alan Jackson – Veteran's Memorial Arena

Sept. 21, \$82-\$115.50.

FSCJ Broadway Series Shows – Prices vary on seating and dates

Kinky Boots: May 15.

Thrasher Horne Broadway Series

Pete the Cat: May 4, \$12.

One Night in Memphis: May 19, \$30.

Current Ticket Promotions Include the Following:

Adventure Landing Dry pass: \$22.

Adventure Landing Waterpark: \$20.50. Combo (dry pass and water-

park): \$32.50.

Alhambra Dinner Show: Prices range \$40 - \$50.

Autobahn Indoor Speedway: (28% Savings) \$25 Gift Card - \$20. \$50 Gift Card - \$40.

Biltmore Estates Ashville, NC: Adult - \$54, Youth - \$29.

Catty Shack Ranch Wildlife Sanctuary: \$8.50 - \$13.50.

Disney World Orlando Armed Forces 2019 Salute 4-Day ticket with hopper option - \$236.50; 4-Day Hopper ticket with water park fun & more - \$285.25. 5-Day ticket with hopper option - \$252.00; 5-Day Hopper ticket with water park fun & more - \$300.75. Tickets valid Jan. 1, 2019 and expire Dec. 19, 2019. Only Active and Retired U.S. Military Personnel (including Active or Retired members of the National Guard, Reservists, the U.S. Coast Guard, the Commissioned Corps of the Public Health Service (PHS), and the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA) "or" their spouses are authorized to purchase Military Promotional tickets. - (6) Promotional Maximum purchase per service member, including member- If service member has an annual pass or multi-day ticket they can purchase (5) Promotional Maximum and Must enter with party.

Jacksonville Jumbo Shrimp: \$5 Active Duty and Family, \$8 Retired/ Veterans/DoD and Family.

Jacksonville Symphony: \$31.

Jacksonville Zoo, General admission & admission w/unlimited train rides: \$12.50 - \$21.50.

Paintball Adventures!: Military special includes everything except paint balls - \$15.

Six Flags: \$46.50.

Six Flags White Water: \$43.

Spanish Military Hospital Museum: \$5 - \$7.50.

St. Augustine Alligator Farm Zipline: \$37, Park admission \$9.50 - \$15. St. Augustine Aquarium: Adult \$8. Child Admission - \$5. Snorkel Adventure (Includes Admission) \$32.

St. Augustine Old Town Trolley: \$7.50 - \$21.25 BOGO.

St. Augustine Oldest Store Museum: \$5 - \$8.

St. Augustine Pirates Museum: \$3 - \$8.

St. Augustine Potters Wax Museum: \$5.75 - \$8.

St. Augustine Sight Seeing Train: \$5.50 - \$12.

Universal Orlando Military Special

Redeemable through 12/31/19 (Not available at the gate! No Black-Out Dates. Maximum of 6 tickets per valid military ID) Ticket Option #1: 2-Park, 4-Day Park to Park Ticket, Adult \$184, Child \$179 (Redeemable through 12/31/19, ticket expires on this date). Valid for 4 days of admission to Universal Studios Florida, Universal's Islands of Adventure and Universal's Volcano Bay Water park. Ticket Option #2: 3-Park, 4-Day Park to Park Ticket, Adult \$239, Child \$234 (Redeemable through 12/31/19, ticket expires on this date). Valid for 4 days of admission to Universal Studios Florida, Universal's Islands of Adventure and Universal's Volcano Bay Water park. Visit the Ticket Office for further details.

Velocity Air Sports Jacksonville: 1 Hr. (socks included): \$15.50. 2 Hr (socks included) \$26.

Wild Adventures (Valdosta, Ga.): Gold Pass – \$89. Seasonal – \$92. 1

Day: \$36. 2 Day: \$42 (must be used consecutively).

World Golf Hall of Fame & Museum: \$14.75.